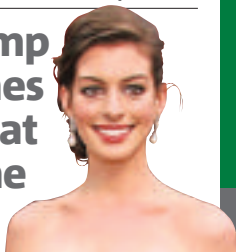


Trump lashes out at Anne



Get 'em while you can

Bright light may have been flare

SEARCH Reports of a plane crashing into the woods off Herring Cove Road had search and rescue crews scouring the area last night.

Children in the area told their parents they saw an orange ball go down in the woods, said Sgt. Michael Spurr with the Halifax Regional Police. Search and rescue was called and a Cormorant helicopter swept the area for about a half hour while police and fire crews searched on the ground for any sign of a crash site.

Police believe the children saw a flare left over from Canada Day.

JENNIFER TAPLIN/METRO HALIFAX

Local page 2

New rules for making donairs

Entertainment page 13



Books for fans of Lost

Local page 4



Local canine wins cloning contest

Beijing Games page 7

Ready to run — fast



Entertainment page 12

Sainte-Marie to play folk festival

30 years in the making

22-storey office building approved in '78 doesn't require council's OK

JENNIFER TAPLIN
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building features

It's a project of a scale not seen for a generation. ECL Developments unveiled its plans yesterday for a 22-storey office building for the north end of Granville Mall in Halifax.

And since the concept was approved in 1978, International Place won't be dissected in a public hearing or in council.

"It's an approved project and it can go forward without having to go through council," said Donald Clow, president of Stellarton-based ECL Developments Ltd.

But the project, which is strictly for hotel, retail and office space, will still have to get a development and building permit from the city.

"We're hopeful it will not meet with resistance, but it seems like it's a normal course in this day and age that people may put some protest up against the project and we will respond to those when they come forward."

Downtown Coun. Dawn Sloane said if the developer sticks to the development agreement, this project won't be discussed by council — not even to approve the development permit. HRM staff would approve the permits.

- 22 storeys of office, retail hotel space
- a parking lot is on the "triangle lands" at the north end of Granville Mall
- it will be built with a Leadership in Energy and Environmental Design (LEED) gold medal standard.
- its bottom floor will be 24,000 square feet
- the parent company of developer ECL Developments Ltd. is Empire, which also owns Sobeys

If there was a public outcry, it was dealt with in 1978, she said.

It took 30 years to get to the building stage because the market conditions weren't right until now, said Clow.

"There is a need in the marketplace. Halifax has a very low-vacancy rate at the moment, it's the lowest in its history and there's a very strong momentum as a community for growth in our local economy."

It's a very welcome addition to the Barrington Street area, which has had its troubles with vacant storefronts.

"I'm very excited about it," said Paul MacKinnon, Executive Director for the Downtown Halifax Business Commission.

"This is going to be the first significant office building built in 25 or 30 years."

Other projects in works

Two other downtown developments are on the verge of construction.

The controversial project nicknamed the Twisted Sisters is still a go.

United Gulf Developments owns the Tex-Park at Hollis and Sackville Streets in downtown Halifax, and has plans for a twin-towered, 27-storey hotel, apartments, office and retail complex. An appeal by the Heritage Trust was struck down last year.

"Construction can happen there anytime," said Paul MacKinnon, Executive Director for the Downtown Halifax Business Commission.

He said the developers are working on the final details.

Then last month, council approved the 21-storey Brewery Market. This condo project was also opposed by the Heritage Trust, which complained the building was too tall and overwhelmed the heritage streetscape.

JENNIFER TAPLIN/METRO HALIFAX



International Place, a 22-storey office building, will be located at the end of Granville Mall next to Barrington Place. Council approved the ECL Developments building in 1978.

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Local



George Elliott Clarke

has been named an officer of the Order of Canada. Clarke, 48, of Windsor, Hants Co., has written plays, novels and poems. His Execution Poems won the Governor General's award for poetry. Former Lieutenant-Governor Myra Freeman was also named a member of the Order of Canada.

METRO HALIFAX

Farley Mowat crew members plead not guilty

SEAL HUNT PROTEST. Two crew members of the Farley Mowat have pleaded not guilty to coming too close to sealers during a seal-hunt protest in April.

Captain Alex Cornelissen and first officer Peter Hammarstedt are accused of coming within 900 metres of the hunt without an observation licence. Cornelissen is also charged with obstructing a fisheries officer.

The arrests sparked international headlines. Sea Shepherd Conservation Society head Paul Watson claimed the ship wasn't in Canadian waters and Canadian authorities had no right to board the vessel, while Fisheries Minister Loyola Hearn said authorities were standing up for sealers and Canadian law.

METRO HALIFAX

New donair rules fuel taste debate



Steve Pye and Mande O'Connor enjoy donairs for lunch yesterday at pizza corner.

PAUL MCLEOD
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Those sweet, sweet donairs we can't live without may soon taste different and take longer to make. But at least we're less likely to get E. coli.

New national rules for preparing donairs have been announced and should take effect sometime this summer. They include requiring meat to be inspected, cooked twice — once on a grill and once on a spit — and cut into small pieces before being frozen to defend against bacteria.

"To re-cook it and do it all over again, that's going to kill all the flavour. But if they want it on a grill, we'll do it."

King of Donairs chef Garrett Keddy

The rules were designed after three outbreaks of E. coli in Ontario and Alberta between 2004 and 2006.

But a chef at the pizza corner King of Donairs says the rules on double cooking will effect taste and wait times.

"To re-cook it and do it all over again, that's going to kill all the flavour," said Garrett Keddy. "But if they want it on a grill, we'll do it."

Keddy said there are techniques to keep in the flavour on a grill, but it's a time-consuming process.

"People, when they come here on the weekends and it's really busy, they want good food and they want it fast. If we do it on the grill it's going to take time," he said.

Mike Horwich of the Department of Agriculture says a longer wait for safety

is a no-brainer.

"You can't compromise food safety for time. That was the issue in the Edmonton outbreak. Too many people arrived at the place at the same time... the donairs were supplied very quickly. What happened was the donair wasn't fully cooked," said Horwich.

As Mande O'Connor enjoyed a donair for lunch yesterday she recounted getting salmonella poisoning from chicken souvlaki at a restaurant in Toronto. She said it's worth any minor inconvenience to keep from having to go through a hellish experience like that.

Developers report public in Aug.: Prov.

RACHEL BOOMER
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The province is now considering a report from Partnerships BC on whether it should team up with private developers on several public-sector projects.

But the public can't see the report yet, Transportation and Infrastructure spokeswoman Cathy MacIsaac said yesterday.

"We have to look at it internally and make some decisions about where we go next. It's fairly lengthy," MacIsaac said.

She said the report — and the province's response to it — should be public by August.

P3 fund

The province hired Vancouver-based company Partnerships BC in February to evaluate 10 potential public-sector projects. In Halifax, those projects include a new, consolidated courthouse to replace the provincial court buildings and the Law Court; a Burnside to Sackville expressway; a replacement or upgrade of the VG Hospital building; and a refit of the Joseph Howe building downtown, home to the Health Department.

Transportation and Infrastructure minister Murray Scott said at the time that Nova Scotia has a multibillion-dollar infrastructure deficit, and privately-built projects could be the only way the province could afford to address that.

Transportation and Infrastructure minister Murray Scott said at the time that Nova Scotia has a multibillion-dollar infrastructure deficit, and privately-built projects could be the only way the province could afford to address that.

Chebucto Road residents want meeting on widening

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A final plea for a moratorium on the Chebucto Road widening went nowhere yesterday, but construction continued to be delayed for unknown reasons.

The beginning of the

project that will shorten several residents' yards was supposed to begin yesterday — already a delay from Monday — but was stalled for "a day or two" according to one worker. Neither residents nor the city knew why.

Meanwhile the Chebucto Neighbourhood Association called for a seven-

day moratorium on the project to have a public meeting with HRM transportation manager Dave McCusker so he can explain what the road will look like after the widening and why it's being done.

"(We've) never been given clear information relating to these two critical

matters," said Joe MacDonnell, president of the Association.

"Staff who were assigned to communicate with people of this neighbourhood... have been far too removed from our contact."

McCusker told Metro Halifax he would meet with residents if they

wished, but didn't have the power to stop construction.

"Not with a contract signed. There are timelines in that contract that have been approved by council. It's not within my power," McCusker said.

"If they'd like to organize a meeting, we'd be happy to attend that."

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Barbecue for firefighters

Politicians will honour the firefighters who battled recent forest fires in Lake Echo, Porters Lake and Tantallon with a barbecue today starting at 5:30 p.m. at Cole Harbour Place in Dartmouth. **METRO HALIFAX**

New temporary shelter eyed

Barry House fire puts pressure on existing emergency home for women

LINDSAY JONES

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A women's emergency shelter that was gutted by arson last month hopes to open a temporary location in south-end Halifax.

Women residing at Barry House were forced to leave on May 16 when a fire raged through the historic Gitting Street home.

Kirsten Overton, 31, pled guilty to a charge of arson in relation to the Barry House blaze and will be sentenced July 24.

Adsum for Women and Children, the city's only other emergency shelter, took in most of the residents, but is currently over capacity.

"These beds are very important right now," said Jerry Smyth, executive director of Saint Leonard's Society of

donations info

The charity Saint Leonard's Society of Nova Scotia runs Barry House. Donations can be made to 45 Alderney Drive, Suite 900 Dartmouth, NS B2Y 2N6

Nova Scotia, which runs Barry House.

He said a new temporary location will soon open in south-end Halifax, but he's still waiting for an occupancy permit from the city. "We would hope as well

House.

It's fully covered by insurance and the goal is to have it completely restored before Christmas.

"Thank goodness for us on that one because we're looking at repairs over \$300,000," Smyth said.

"Everything was destroyed inside the house."

He said about six to 10 people lost their jobs at Barry House as a result of the fire.

tourism

Resort owner sees biz thriving

CABOT TRAIL. The high price of fuel is just one of the factors making tourist operators nervous this year, but Cabot Shores Adventure and Retreat Centre owner Paul Weinberg says business is continuing to increase. "Guests make it to places they really want to visit," said Weinberg, whose resort opened on the Cabot Trail north of St. Ann's Bay four years ago. Travellers are continuing to come from Canada, the U.S. and Europe, he said.

METRO HALIFAX

Vandals trash playground

LINDSAY JONES

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Canada Day celebrations got out of hand for a couple of hoodlums in Lower Sackville.

Vandals torched two plastic slides in the playground at Gertrude Parker Elementary sometime early yesterday morning.

RCMP spokesman Cpl. Joe Taplin said so far there are no suspects.

Police were called to the Stokil Drive school at 5 a.m. yesterday after someone reported the damage. The

"People need to be held accountable."

Coun. Bob Harvey

slides, which were attached to main structure, melted onto other equipment.

The city is on the hook for the damage, which is still being assessed, city spokeswoman Deborah Story said.

"Any kind of vandalism on our properties or equipment does impact on city funds," Story said.

Yesterday, city staff cordoned off the playground

and posted a sign telling people it's off limits.

Lower Sackville Coun. Bob Harvey said the playground was just three-years-old. School playgrounds cost the city between \$30,000 and \$50,000.

"It's totally unacceptable and costs taxpayers money," Harvey said. "People need to be held accountable for this and presumably some younger people need to have their values adjusted to take into account respect for public property and take some ownership of it, that it's their community, too."



Vandals destroyed two plastic slides at the playground at Gertrude Parker Elementary in Lower Sackville overnight on July 2. Police are investigating.

LINDSAY JONES/METRO HALIFAX

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Emma Bigelow
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The province is loaning \$2.9 million to Composite Sea to Sky, two Truro and French-based manufacturers, to build and export ventilation equipment for the aerospace industry. The Nova Scotia government is also providing a \$1.6-million training incentive.

METRO HALIFAX

Dog deemed cloneworthy

Trakr the German shepherd chosen as the Golden Clone winner

JENNIFER TAPLIN

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Trakr has always been called a hero, but now he's the world's most cloneworthy dog, too.

The German shepherd who rescued the last survivor at Ground Zero was picked as the Golden Clone winner. It means California-based BioArts International will clone Trakr for free — a process that would normally cost more than \$100,000.

Former K-9 officer James Symington submitted Trakr — a six-year veteran of the Halifax Police Force — for the contest. If the clone has Trakr's ability, it will be trained in search and rescue, Symington said in a statement.

Lou Hawthorne, CEO of BioArts, said Trakr was the obvious winner.

"We thought it would be pets that people submitted and there would



Jamie Symington and his police dog, Trakr, are seen at Ground Zero after Sept. 11, 2001. Trakr, now 15, has a degenerative neurological disorder, and a South Korean lab plans to clone him.

be charming stories, but we didn't expect anything like Trakr. That took it to a whole other level."

Fifteen-year-old Trakr

has a degenerative neurological disorder, which could be linked to inhaling toxic smoke at Ground Zero. He no

longer has the use of his legs.

"To know that part of him is going to live on is just beyond words,"

"To know that part of him is going to live on is just beyond words."

James Symington

Symington added.

If Trakr lives long enough to meet his clone in five months, it will be a very interesting meeting, Hawthorne said.

"We will certainly videotape when it happens," he said.

BioArts claims the worldwide patent to clone dogs and cats after Dolly the sheep was cloned in 1996. The company is currently auctioning off five cloning spots starting with a bid of \$100,000.

Symington now lives in California, pursuing work as an actor. He was suspended and then fired from the force for heading to New York while on stress leave. This prompted several lawsuits from Symington.

Greenwood

Buildings concern commission

BUSINESS DISTRICT. The Greenwood village commission is concerned vacant commercial buildings in the business district are a deterrent to attracting new business to the area.

At their June 18 meeting, commissioners agreed the time has come to clean up the busy intersection where Central Avenue turns south toward the Greenwood Mall. The north corner of the intersection is the site of a long-vacant gas station and the former Greenwood Canadian Tire.

corner

Commissioner Al Belliveau reported the rundown-looking corner has turned off potential business investors who have recently been scouting for locations in the area.

METRO HALIFAX



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Terror trial hears of training camp plans

Momin Khawaja's defence lawyer yesterday suggested Khawaja attended a training camp in Pakistan not to participate in a British bomb plot but rather to prepare to fight in Afghanistan. **METRO NEWS SERVICES**

Canada

"The world has got to know we've suffered this indignation."

Don Courchene, a former student at the Fort Alexander Indian Residential School in Manitoba.



say sorry

Canadian survivors of abuse inflicted by Catholic clergy during the 20th century are demanding an apology from Pope Benedict XVI, left, similar to the one he offered to victims in the U.S.

METRO NEWS SERVICES

Gen. Rick Hillier passes the torch

Natynczyk now in charge

The official procedure that handed responsibility for the Canadian Forces from outgoing Chief of Defence Staff Gen. Rick Hillier to Gen. Walter Natynczyk took just a few minutes to complete.



"I am a soldier, I'm a sailor, I'm an airman and I'm a special forces troop"

Gen. Walter Natynczyk

But the entire affair stretched to two hours, with speeches from politicians, a 21-gun salute, planes, guns and cheering crowds. It peaked with Hillier, who started as an armour officer, stepping aboard an old, squeaky tank and riding off to retirement. Natynczyk, an army commander who served as vice-chief to Hillier, oversaw the Canadian Forces' multi-billion dollar budget, led campaigns in

the Balkans Africa and was deputy commander of international troops in Iraq in 2005. For the time being, Natynczyk will just try to be all things to all of the military. "As your chief, I represent all of you," he said. "I am a soldier, I'm a sailor, I'm an airman and I'm a special forces troop."

TORSTAR NEWS SERVICE

Quebec City 400th anniversary



People stroll past the Chateau Frontenac in Quebec City yesterday. Prime Minister Stephen Harper and French Prime Minister François Fillon will today lead a delegation of politicians that will salute the city's 400th anniversary as marked by the arrival of explorer Samuel de Champlain on July 3, 1608, and founded what would become Quebec's provincial capital.

MATHIEU BLANCHARD/REUTERS

Order of Canada



Henry Morgentaler

Morgentaler nod panned by Harper

AWARD. Prime Minister Stephen Harper has criticized the decision to award the Order of Canada to pro-choice crusader Dr. Henry Morgentaler because of its potential to sow dissension among Canadians.

"My preference, to be frank, would be to see the Order of Canada be something that really unifies, that brings Canadians together," he told the media yesterday.

TORSTAR NEWS SERVICE

Sports betting coming soon to casinos?

GAMBLING. Federal and provincial governments are moving towards allowing Las Vegas-style sports gambling into provincial casinos to increased their revenues, Torstar News Service has learned.

The plan, aimed to help boost struggling casinos

along the border, where the high Canadian dollar and increased border security mean fewer Americans, has the Ontario government urging Ottawa to amend the Criminal Code of Canada and create casino "sportsbooks."

"What it would do is

generate traffic into the casino for that particular type of betting and then you also pick up additional business," said NDP MP Joe Comartin, adding other provinces are also lobbying Ottawa for the change in their areas.

TORSTAR NEWS SERVICE

The next episode is an encore of an encore.



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Marc Patterson of Kamloops, B.C., was honoured yesterday in Pittsburgh with a Carnegie medal for heroic acts, for saving a 12-year-old boy from a cougar last August. Deborah Chiborak and Gerard Beernaerts, both of Winnipeg, were recognized for saving an 89-year-old woman from an oncoming train. **METRO NEWS SERVICES**

World/Business

Betancourt set free

Politician one of 15 hostages saved by Colombian army

Posing as aid workers, Colombian soldiers come to the rescue of people held for years by leftist guerrillas.

French-Colombian politician Ingrid Betancourt, three Americans and 11 other hostages held for years in jungle captivity were rescued yesterday by Colombian troops posing as aid workers.

The rescue was a huge coup for popular President Alvaro Uribe, an anti-guerrilla hard-liner who has used billions of dollars in U.S. aid to push the rebels onto the defensive, cut crime and spur economic growth.

Betancourt, 46, was the



French-Colombian politician Ingrid Betancourt hugs her mother as she disembarks from an aircraft in Bogota, Colombia, yesterday after she was rescued from leftist guerrillas.

highest profile captive held by the Revolutionary Armed Forces of Colombia, known as the FARC, Latin

America's oldest surviving left-wing insurgency. A former presidential candidate, her dual French-

Colombian nationality had helped bring world attention to the plight of hostages held by the rebels.

"I believe that this is a sign of peace for Colombia, that we can find peace," Betancourt said, thanking the Colombian military for her rescue and weeping as she made her first public comments, carried on Colombian radio station Caracol.

The rescue was carried out in the southern jungle province of Guaviare, Santos said. Soldiers posed as members of a fictitious non-government organization that supposedly would fly the hostages by helicopter to a camp to meet with rebel leader Alfonso Cano.

REUTERS

Canadians to spend less

Households will be forced to control finances: Report

A new Toronto Dominion Bank report suggests spendthrift Canadians will sober up their spending over the next 18 months, partly because an anticipated retreat in commodity prices will temper national income growth.

A confluence of other factors — including weaker labour-market conditions, cooling housing markets and tamer wealth accumulation — will also

force Canadians to get a grip on their finances. Consumer-spending growth is anticipated to slow from an annualized rate above 5 per cent in early 2008 to a more restrained 2.6 per cent pace in 2009.

"Households have been spending almost like drunken sailors over the past couple of years, which provided critical support to the economy when the export-oriented manufacturing sector had been suffering," the report said.

TORSTAR NEWS SERVICE

Canadian auto sales drop

TORONTO. Canadian auto sales were lower in June with another sharp 23.8 per cent skid at General Motors of Canada, according to company figures.

Toyota Canada bucked

the overall drop with a gain of 8.8 per cent as consumers snapped up its fleet of fuel-friendly vehicles. Canadian auto sales fell 5.7 per cent to 159,500 vehicles in June.

REUTERS

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Mugabe's assets could be frozen

UN. Zimbabwean President Robert Mugabe and his central bank chief are among those who, under a U.S.-drafted resolution, would face UN asset freezes and travel bans over last week's widely criticized election.



Mugabe

According to the latest version of the draft, Mugabe is among 12 people who would face UN sanctions because he is the "Head of Government responsible for activities that seriously undermine democracy, repress human rights and disrespect the rule of law."

Central Bank Governor Gideon Gono would face sanctions because he is "responsible for funding repressive state policies," the text says.

REUTERS

News in brief

ESTATE. New York hotelier Leona Helmsley left millions to her beloved dog, Trouble, but she has left between \$5 and \$8 billion to be put toward the care of dogs in general. The New York Times reported yesterday.

IRAN. Iran said yesterday it was ready to consider a U.S. diplomatic presence in Tehran.

REUTERS

THE DAILY BUSINESS BUZZ

Transit in the park:

The Greater Burnside Business Association's (GBBA) Buses, Bikes and Carpools Committee has developed a survey to gain a better understanding of the transit needs of businesses and employees such as where ridership is clustered from feeder communities and to feeder areas in the park.

Muskets for TV series:

PBS has called upon Loyalist Arms & Repairs Ltd. of Harrietsfield to supply historic reproduction muskets for the TV documentary series *We Shall Remain*, a Native history of America that is currently in pre-production. The WGBH Boston project is scheduled to air in 2009.

Trout Point selected:

The vice-president of Condé Nast

Johansens, Leslie O'Malley-Keyes, has invited Trout Point Lodge of Nova Scotia to join its lineup of specially selected small hotel properties oriented towards the independent traveller. Trout Point Lodge lies adjacent to the Tobetic Wilderness Area in Yarmouth County and is the only property in Nova Scotia and one of only two in Atlantic Canada selected.

New tourism marketer:

Halifax Regional Municipality's dedicated tourism marketing organization, Destination Halifax, has made Emily Kimber its new communications manager. Kimber will be taking over from Holly Hedd during her maternity leave, from July 2008 to July 2009.

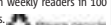
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Metro is the world's largest international newspaper, with more than 20 million daily readers and more than 42 million weekly readers in 100 major cities in 21 countries.



Party starter. Performances portraying 5,000 years of Chinese history will be among the highlights of the Olympics' opening ceremony, according to the China Daily. **METRO NEWS SERVICES**

Beijing Games

Chinese wrestler banned for life

DOPING. Wrestler Luo Meng became the second Chinese Olympic hopeful to be banned for life after testing positive for a banned substance, state media reported yesterday.

Luo followed top swimmer Ouyang Kunpeng, whose positive test for the banned steroid agent clenbuterol was confirmed last week, in receiving the punishment, Xinhua said.

Luo tested positive for using a banned diuretic, a weight-loss substance that can be used to get rid of the by-products of performance-enhancing drugs. The wrestler's coach, Zhang Hua, also received a life ban. **REUTERS**

Australia makes nice over training

NEW DEAL. The Australian swimming team will thrash out a deal with Malaysia to ensure their Asian hosts' Olympic training schedule is not turned upside down.

Reports had said the Australians, who have rented Malaysia's National Aquatic Centre, were refusing to share pool time with the Malaysian swimmers, forcing them to get up before dawn to get training in.

But Swimming Australia said yesterday the reports were inaccurate. **REUTERS**

Pistorius fails in first 400 bid

ATHLETICS. Double amputee Oscar Pistorius failed in his first bid to reach the Olympic 400 metres qualification time at an athletics meeting yesterday in Milan.

The South African, who runs with carbon fibre blades attached below the knees, is entitled to compete against able-bodied runners following a Court of Arbitration for Sport ruling in May. **REUTERS**

Tomorrow's lineup

IT'S ALL IN THE SUIT. Since swimmers started wearing the Speedo LZR Racer model in February, more than 40 world records have fallen. Pick up tomorrow's Metro to read more.

35 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Race to the top

P.E.I. native ready to run

MATTHEW WUEST
matthew.wuest@metronews.ca

Jared Connaughton was always fast. Whether he was at the hockey rink or on the soccer field, he was by far the fastest kid in New Haven, P.E.I., an offensive-minded forward who left defenders in his dust.

"It was sort of my thing," he recalls. "I was known for it."

He relied on it. He never spent much time refining his technical skills in either sport because his break-away speed alone was enough to make him an effective player.

But he didn't officially begin his journey to becoming the fastest man in Canada until he hit Grade 11.

That's when he discovered track — a sport he'd never considered because his small Maritime island didn't have proper facilities — and dropped everything to make it his life.

"Track and field isn't something participated in at a high level in my province," Connaughton says. "To see it as something that could get you on an Olympic team, or an opportunity for an education or a profession, was a lofty goal."

Connaughton can thank David MacEachern, a Charlottetown, P.E.I., native and gold-medal winning bobsledder at the 1998 Winter Olympics in Nagano, for helping him find his true calling relatively late in the career of a sprinter.

MacEachern was looking for elite athletes to train for high-level sport, and he found a great one in Connaughton.

The two connected in March 2002, and six months of heavy train-

ing later, Connaughton won a gold medal in the 200 metres at the Canadian youth championships. "I went from basically nothing to fastest youth in Canada in a very short period of time," he says. "I think that was my awakening as far as what my potential could possibly be."

It's been a miraculous evolution for Connaughton, who, at age 22, is a shoo-in for an Olympic spot after

"I'm considered, right now, on paper, Canada's fastest man, and that's a pretty cool place to be."

Jared Connaughton, sprinter

completing a four-year track career at the University of Texas at Arlington.

With no formal track facilities in P.E.I., Connaughton learned the ropes in a 60-metre hallway outside his school gym, and when the weather improved, he took his training outside.

"I hammered blocks into the turf on the soccer field, I ran on a dirt track, I ran on a baseball diamond, I ran up sand dunes," he says. "The sky's the limit on my imagination, training-wise."

"At the time, I didn't know any better. I later learned it was kind of a crazy training atmosphere. But it worked for me."

He says there are times when he wonders where he'd be today if he hadn't quit hockey or soccer, but those moments are fleeting because of the success he's had as a sprinter.

"I'm considered, right now, on paper, Canada's fastest man, and that's a pretty cool place to be," he says.

His best time in the 100 is 10.15 seconds, and he has a 20.35 clocking in the 200. Both are Olympic A standards. He is confident he will reach his peak in Beijing.

"All I have to do is execute and I can be one of the fastest men in the world," Connaughton said. "That's a really, promising, motivating thought to give yourself every day."



Swimmer Michael Phelps.

Phelps lands another berth

SWIMMING. Michael Phelps staked his claim to another Beijing Olympics berth during the U.S. swimming trials on Tuesday with a sizzling performance in the 100 metres freestyle preliminaries.

Phelps became the sixth swimmer to clock under 48 seconds with a time of 47.92 to win his heat then withdrew from the event believing he had done enough to secure a spot on the 4x100 relay team.

"One and done," Phelps' coach Bob Bowman told reporters. "He was trying to break 48 and he did and that sets him up nicely for the relay."

Phelps, who has targeted Mark Spitz's record of seven gold medals at a single summer Games in Beijing, has qualified in the 400 metres medley and 200 metres freestyle.

His victory in the 200 freestyle also clinched him a place on the 4x200 relay squad. **REUTERS**

Sports in brief

U.S. TRIALS. Natalie Coughlin and Aaron Peirsol blitzed to world records in the 100 metres backstroke at the U.S. swimming trials on Tuesday. Coughlin stormed to the wall in a time of 58.97 seconds, becoming the first woman to dip under 59 seconds. Peirsol powered home in 52.89 seconds. **REUTERS**

DRUG TESTING. Dara Torres, fearful she will be branded a drug cheat rather than an Olympic great, is undergoing unprecedented drug-testing as she bids to earn a trip to her fifth Games at this week's U.S. swimming trials. At 41, she will be the oldest female swimmer to compete at the Games — if she qualifies in the 50- and 100-metre freestyle. **REUTERS**

Fast facts

NAME: Jared Connaughton.
HOMETOWN: New Haven, P.E.I.
AGE: 23 on July 20.
MEASUREMENTS: Five-foot-nine, 180 pounds.
SPORT: Track.

SPECIALTIES: 100 metres, 200 metres, 4x100 relay.
OLYMPIC QUALIFYING: July 3 to 6 at the Canadian track and field championships in Windsor, Ont.
OFF THE TRACK: Trivia and movie buff.

8 CFL Montreal Alouettes quarterback Anthony Calvillo was named the CFL's offensive player of the week yesterday after he completed 25 of 37 passes for 293 yards and two touchdowns in a 33-10 win over the Hamilton Tiger-Cats on Thursday. **METRO NEWS SERVICES**

NBA The Seattle SuperSonics and the City of Seattle reached a settlement in their tempestuous arena lease dispute yesterday. The team's owners agreed to pay the City of Seattle \$45 million US in order to terminate the lease. In turn, the Sonics can move to Oklahoma City immediately. **METRO NEWS SERVICES**

Sports

"Whether we like it or not, we're going down this road."

PGA Tour commissioner Tim Finchem on the new drug testing program launching at this week's AT&T National.



Big offer

The Golden State Warriors have reportedly offered free agent Elton Brand a larger deal than the one offered to him by the Los Angeles Clippers.

Sundin waits, Hossa signs

Longtime Leafs star not ready to make decision on returning to NHL

A day after nearly \$400 million was spent on 50 players, two of the NHL's elite free agents — Mats Sundin and Marian Hossa — managed to leave about \$100 million in the pockets of owners.

They did it for their own reasons: Sundin, because he wants to think about it. Hossa, because he wants to win a Stanley Cup.

Sundin, with nothing but time on his hands, issued a statement thanking various teams for their interest, before adding: "I am simply not close to being ready to make a decision about resuming my career at this time."

With that, a two-year, \$20 million US offer from the Vancouver Canucks that would make him the highest-paid player in the NHL was on hold. As was a two-year, \$14 million offer from the Leafs, and lucrative deals from other teams.

For how long, no one knows. "He's obviously very uncomfortable in having to make a decision right now, and has chosen not to," said Leafs GM Cliff Fletcher. "The minute Mats makes his mind up, we'll deal with it at that time."

free agent frenzy continues

Atlanta — Ron Hainsey, D, 5 yrs, \$22.5 million.
Columbus — Kristian Huselius, LW, 4 yrs, \$19 million.
Dallas — Sean Avery, C, four years, \$15.5 million.
Detroit — Marian Hossa, RW, 1 yr, \$7.45 million.
N.Y. Islanders — Doug Weight, C, 1 yr, \$1.75 million.
Ottawa — Shean Donovan, RW, 2 yrs, \$1.25 million; Jarkko Ruutu, LW, 3 yrs, \$3.9 million.
Pittsburgh — Brooks Orpik, D, 6 yrs, \$22.5 million.
Vancouver — Nolan Baumgartner, D, 1 yr; Ryan Johnson, C, 2 yrs, \$2.3 million; Curtis Sanford, G, 1 yr, \$650,000.

And with a "That's Mats" attitude, the rest of the NHL went back to the busy work of signing players on the second day of free agency.

The Detroit Red Wings were the first team to move on, inking Hossa, the 29-year-old sniper, to a one-year contract worth \$7.45 million that removed Detroit from the Sundin sweepstakes. But it was the terms — the fact Hossa left roughly \$85 million on the table — that had hockey minds bewildered.

Hossa had plenty of offers, with Edmonton believed to be the big bidder with an offer worth between \$70 million to \$80 million over eight or nine

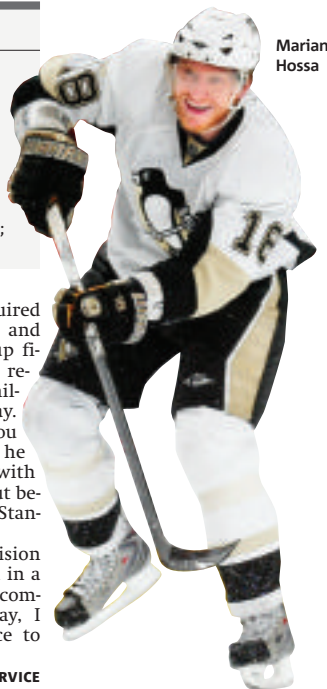
years.

Pittsburgh, which had acquired him at the trade deadline and rode him to the Stanley Cup final, wanted him back, too, reportedly offering a \$49 million, seven-year offer to stay.

But, in a classic case of if you can't beat 'em, join 'em, said he left Pittsburgh and signed with Detroit not for the money but because he wants to win the Stanley Cup.

"It was a really tough decision for me to make," Hossa said in a conference call. "When I compare those two teams today, I would have a better chance to win the Cup with Detroit."

TORSTAR NEWS SERVICE



Marian Hossa

Pens give Malkin \$43M over 5 years

NHL The Pittsburgh Penguins signed Evgeni Malkin to a five-year contract extension yesterday.

Malkin, a finalist for the Hart Trophy as the NHL's MVP, scored 47 goals and had 59 assists while playing all 82 games for the Eastern Conference champion Penguins.

Malkin's extension will pay the 21-year-old centre \$8.7 million US annually over five years starting with the 2009-10 season, local media reported.

Rangers acquire Zherdev, Fritsche

NHL The New York Rangers acquired forward Nikolai Zherdev and Dan Fritsche from the Columbus Blue Jackets yesterday in exchange for defencemen Fedor Tyutin and Christian Backman.

The 23-year-old Zherdev scored 26 goals and 61 points last season, leading the Blue Jackets in assists while finishing second in goals, points, and shots. Fritsche, 22, tallied 10 goals and 22 points in 69 games.

METRO NEWS SERVICES

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World No. 1 Roger Federer plays a backhand against Mario Ancic of Croatia during men's quarter-final action yesterday at Wimbledon. Federer won to reach his 17th Grand Slam semifinal in a row.

Federer breezes into semifinals

TENNIS Champion Roger Federer banished menacing storm clouds yesterday to set up a tantalizing Wimbledon semifinal date with Marat Safin.

The Swiss' pursuit of a modern-era record sixth successive title showed no signs of slowing down when he outgunned, out-

thought and ultimately outclassed Croatia's Mario Ancic 6-1, 7-5, 6-4 to reach his 17th grand slam semifinal in a row.

There the world No. 1 will meet Russian hot-head Safin, who survived a mini eruption in the first set to overcome Spanish 31st seed Feliciano Lopez 3-6, 7-

5, 7-6, 6-3.

Andy Murray's hopes of ending Britain's 72-year wait for a men's champion were dashed when he was on the receiving end of a 6-3, 6-2, 6-4 lesson from two-time runner-up Rafael Nadal.

The women's semifinals are scheduled for today.

REUTERS

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Baltimore 5 Kansas City 2
L.A. Angels 7 Oakland 4
Minnesota 7 Detroit 0
Texas at N.Y. Yankees
Boston at Tampa Bay
Cleveland at Chicago W. Sox
Toronto at Seattle
NATIONAL LEAGUE
Florida 4 Washington 2
Philadelphia 7 Atlanta 3
Pittsburgh 9 Cincinnati 5
L.A. Dodgers at Houston
N.Y. Mets at St. Louis
San Diego at Colorado
Milwaukee at Arizona
Chicago Cubs at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Boston at N.Y. Yankees, 8:05
Kansas City at Baltimore, 8:05
Oakland at Chicago W. Sox, 9:11
Detroit at Seattle, 11:10
NATIONAL LEAGUE
L.A. Dodgers at Houston, 3:05
Milwaukee at Arizona, 4:40
Chicago Cubs at San Francisco, 8:05
Philadelphia at Atlanta, 8:10
Washington at Cincinnati, 8:10
Florida at Colorado, 9:05
N.Y. Mets at St. Louis, 9:15

CFL

WEEK 2

TONIGHT'S GAMES
Hamilton at Toronto, 8
Calgary at Edmonton, 11
TOMORROW'S GAMES
Winnipeg at Montreal, 8
Saskatchewan at B.C., 11

LOTTERIES

Lotto 6/49 12, 18, 19, 35, 42 & 43. Bonus 44. Results not official

NHL Former Cole Harbour resident Sean Avery signed a four-year, \$15.5-million US contract with the Dallas Stars yesterday. The 28-year-old spent the past season and a half with the New York Rangers. **METRO HALIFAX**



A Power-ful new technique

Local sprinter aims for Olympic spot after tweaking 'ugly' racing style

MATTHEW WUEST
matthew.wuest@metronews.ca



Adrienne Power's confidence is higher than ever — and it's all because someone told her she was an ugly runner.

The East Jeddore sprinter is posting the fastest times of her career heading into the Canadian track and field championships in Windsor, Ont., after getting some pointers from a fellow Maritimer and probable Olympian Jared Connaughton.

Connaughton, from New Haven, P.E.I., watched Power sprinting at an Athletics Canada training camp in Baton Rouge, La., in the spring, and felt compelled to say something.

"He was like, 'You're doing it all wrong,'" Power recalls. "He's like, 'You already have the strength and the speed, you just don't know what you're doing. You're running really ugly. You should already have this figured out. It's ridiculous.'"

Connaughton's criticisms were meant in a constructive manner, and Power is extremely grateful he spoke up.

The 26-year-old was already one of the country's top sprinters, a former BLG award winner as Canadian Interuniversity Sport's female athlete of the year. But she made

note of Connaughton's pointers and ran an Olympic A standard in 22.86 seconds at an international meet in Provo, Utah, in May.

"I wrote down everything he said, went over it a couple of times in my warm-up, and ran this huge time out of nowhere," she recalls. "I'm not stronger than I was last year. Nothing's any different. I just didn't know what I was doing. And I fixed it."

"All it is is technique."

Not only did Power run an Olympic A standard in Utah, she followed that up by meeting Olympic B standards three times in Ottawa. All of these results mean Power has a very realistic shot at qualifying for the Beijing Olympics.

If she wins the 200 on Sunday in Windsor, she's Beijing-bound. The B standard should be more than enough.

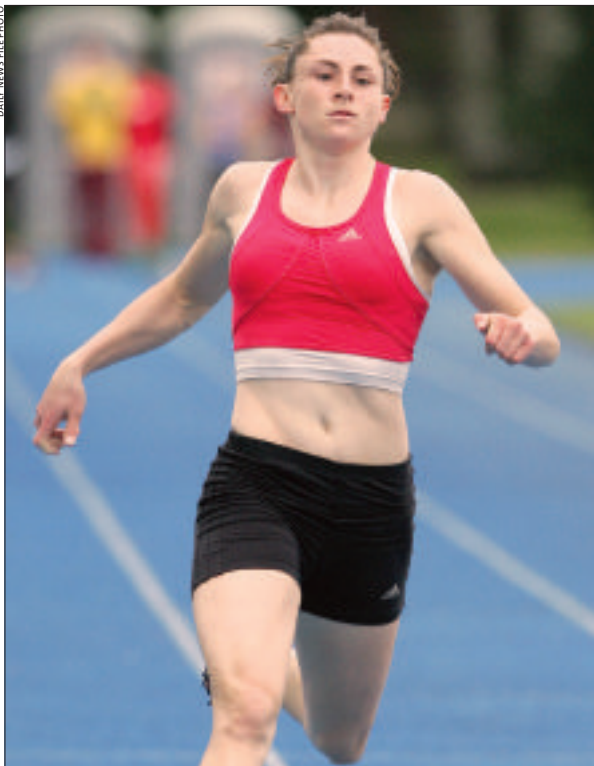
"If I do that, nobody should even be touching me," she said.

The former Dalhousie Tigers star didn't even plan on going to Beijing — "I totally downplayed it," she says — but now sees it as a chance to learn the ropes for the London Olympics in 2012, when she hopes to reach her peak.

She can't wait to hit the track on Sunday.

"I've never gone to nationals excited before," she said. "I can't even sleep ... I feel like a kid on Christmas eve."

DAILY NEWS FILE PHOTO



East Jeddore's Adrienne Power can book her ticket to the Beijing Games with a win in Sunday's 200-metre final at the Canadian Olympic trials in Windsor, Ont.

Affleck off to fast start in title hunt

GOLF Abercrombie's Brian Affleck fired a 6-under 66 to take the early lead following the opening round of action at Nova Scotia Golf Association men's amateur championship at the Lingan Country Club yesterday.

The 19-year-old eagled the Par 5, 461-yard No. 10 and rode a hot putter to a two-stroke lead over Ashburn's Trevor Chow. Action resumes today, with the 72-hole tournament scheduled to conclude on Saturday.

"I'm sticking with the game plan — the exact same thing I did (Wednesday) and hopefully, the putts fall again," said Affleck, who is coming off his freshman year at Potomac State College in West Virginia. "I'll take it one shot at a time, that's for sure."

Four-time winner and defending champion Leon Carter of Dundee is tied for third at 3-under 69. Darrell MacKenzie of River Hills has a share of third spot, while Oakfield's Geoff Campbell rounds out the top five with a 2-under 70.

—CAPE BRETON POST/
METRO HALIFAX

Jazic in unfamiliar territory

MATTHEW WUEST
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SOCCER Ante Jazic has worked his way back into the Los Angeles Galaxy's starting lineup, but he's on unfamiliar ground.

The Major League Soccer standout from Bedford has been shifted from fullback — a position he has played for years — to midfield after recovering from off-season ankle surgery.

"It's definitely a different role and a big change, but

coming off an injury and not having played in a long time, I'm happy to contribute," Jazic told MLSNet.com.



Jazic

Whether that's in midfield, defence or up front, I'll do what it takes."

The 32-year-old has appeared in four games this

season, starting three.

The Galaxy, which has become famous for having David Beckham on the roster, is first in the Western Conference and tied for fourth overall in MLS with a 6-5-3 record.

It's Jazic's third MLS season with the Galaxy after spending nine years in Europe with teams in Russia, Austria and Croatia.

Jazic was a late cut from the Canadian national team that is attempting to qualify for the 2010 World Cup.



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Lifestyle

Mulch rules

Spread it under shrubs, around ornamentals and vegetables. Layer it deeply. Worship the stuff. The payoff is less watering, fewer weeds and healthier, happier plants. You're rewarded later with bonus time for guilt-free loafing. HGTV.COM

Backyard sheds don't have to be eyesores

The typical backyard shed has long had a reputation as an eyesore — useful but generally an ugly affair stuck into the corner of the backyard.

We are here to tell you that you don't need to put up with an ugly shed any longer. We have seen sheds that accent and beautify the backyard. They look great, and can they multitask! Just use your imagination.

Sure a shed can be used to store gardening and other backyard equipment such as shovels, rakes, lawnmowers, bicycles and the like. But you can also customize a shed to suit your needs.

A shed can be a garden-centre complete with a mini greenhouse, it can be a yoga studio, it can be a playhouse for children, it can be a guest room, a pool

cabana, a home office, an artist's studio or a personal retreat. In fact, if you have a large backyard, you may even contemplate having several outbuildings. We have!

We've found that wooden sheds, either built from a kit, or fashioned by hand, are often the most lovely creations, blending into a garden-like environment.

If the house has cedar shingles or wooden siding, a shed can beautifully match the house in terms of material and style, evoking a rustic natural feel. Unpainted wood ages beautifully into a silvery colour, and looks fantastic against climbing and other plants.

To achieve this weather-beaten look, you can also use old French doors on the shed, old shutters, or

ArrestingDesign

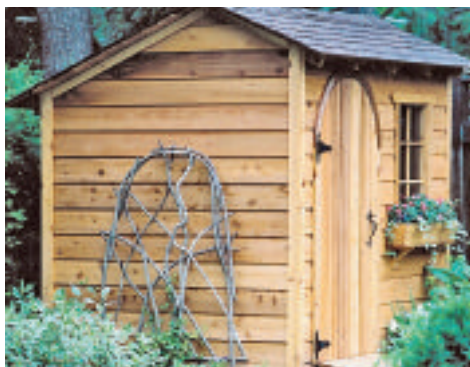
Jeffrey Fisher & Tammy Schnurr



busted@arrestingdesign.com

old mirrors and other "antique" additions.

If you are lucky enough to have an old barn or brick shed on your property, you can retain the charm of this material in the garden by either reusing the brick, or building upon the "ruins", so to speak. Or you can bring the material in, and fake the look. Natural stone, especially limestone, has a natural beauty of its own!



Wooden sheds blend nicely into a garden-like environment.

A more modern look can also be stunning. We've seen sheds finished in stucco or a similar smooth finish, accented by horizontal wooden decorative banding.

But keep in mind that the look of the shed must

match the look of the house, and the gardens, for that matter.

For example, a Victorian house would look just plain wrong with a modernist shed — one with gingerbread trim to match the house would be

much more suitable. An old-fashioned garden of rosebushes would work well in this context. On the other hand, a Japanese-influenced garden paired with a simple, modernist house would look great with a shed with shoji doors and an Asian-inspired roof.

Sheds often include features that mimic the look of the house, such as window boxes or the same lace curtains you have in your living room.

Or they can include barn-like features such as weathervanes, or a cupola on the roof or dormers. These can be cute — just don't overdo it or you'll end up with a shed that looks like something out of a cuckoo clock!

Tammy Schnurr and Jeffrey Fisher are co-hosts of Arresting Design on W Network.

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Buying local

Strawberries don't ripen after they've been picked, so buying local ensures berries are at the peak of freshness. Berries are some of the most perishable fruit and are truly at their finest eaten as soon as picked as possible. **METRO NEWS**

Food

"A vivid, unwilted green cap is a good indicator of a fresh strawberry."

Barb Holland for Metro Halifax

**What to look for**

Choose fruits that are plump and already brightly coloured. Strawberries should be shiny red and have their calyxes (the green cap that joins the berries to the stems) attached.

À la carte

Barb Holland

Metro Food Writer

Strawberry fields forever: Enjoy them while you can

A cool and damp spring delayed this year's local strawberry crop, but finally homegrown berries are here and very much worth the wait. Whether you grow your own, pick 'em at a local farm, or buy them at the market, now's the time to enjoy ripe, sweet and juicy hand-picked strawberries. While traditional varieties produce a single crop in June, newer 'day-neutral' strawberries ripen all summer long. These new varieties are still a very small percentage of crops, but more growers are planting them every year to extend the season. Now that's delicious news. Enjoy them while available in as many ways as you can, topping your cereal, stirred into yogurt, swirled into smoothies or

just as is — how sweet is that?

Strawberries And Amaretti Mini Trifles

When it comes to fresh strawberries, keep it simple. These easy mini trifles can be made about 30 minutes before serving, the liquid will soften the cookie crumbs a little. If this is an adult dessert, splash berries with a little almond liqueur. Later in the season, use a mixture of berries, as available and as you prefer.

INGREDIENTS:

4 cups (1 L) fresh strawberries
3 tbsp (45 mL) granulated sugar
18 small amaretti (crisp almond) cookies
¼ cup (50 mL) brown sugar

½ tsp (2 mL) vanilla
1½ cups (375 mL) plain or vanilla yogurt
fresh mint sprigs

METHOD:

Slice strawberries in half, or quarters if large. Sprinkle berries with sugar, stir gently and let stand 20 minutes to release juices.

Roughly break amaretti cookies and layer half between 6 dessert glasses (sturdy wine glass or brandy snifters will work). Gently stir brown sugar and vanilla into yogurt until smooth. Taste and add more sugar or vanilla, if needed.

Spoon half the strawberries and the juices over the cookie base. Top with remaining cookie crumbs, then remaining strawberries. Spoon yogurt mixture



While traditional varieties produce a single crop in June, newer "day-neutral" strawberries ripen all summer long.

evenly over berries. Chill and just before serving, garnish with mint.

Makes 6 servings.

Strawberry tips:

• Good for you: Strawberries pack a wallop of

healthy nutrients and with only 56 fat-free calories per cup. They provide folate, fibre, magnesium and potassium as well as antioxidants and phytochemicals. Strawberries are high in Vitamin C — just 1 cup (250 mL) meets your daily needs.

• Storing: Strawberries are delicate, but will last a few days in the refrigerator in well-ventilated cartons or in a single layer on a paper towel-lined shallow pan. Refrigerate berries, but don't wash until you are ready to use. Then rinse gently and drain on paper towels. Remove the hulls after rinsing.

Barb Holland is a home economist and food writer who believes in shopping locally and in season.

Rediscover joy of eating grain-free

Everyday Grain-Free Gourmet: Breakfast, Lunch and Dinner by Jodi Bager and Jenny Lass is offering people with celiac disease — and the growing number of people choosing to go wheat-free — an innovative cooking style that allows them to make all their old favourites in new ways and rediscover the joy of eating. Whitecap Books has offered Metro this recipe from Everyday Grain-Free Gourmet:

Seared Tuna With Carrot Fritters

Perfect for company, this dish is simple to make and looks beautiful. It is sure to please all the seared tuna lovers you know. The carrot fritters can be made ahead of time and reheated in a 250°F (120°C) oven for 30 minutes until hot. Serves 4.

INGREDIENTS:**Fritters:**

1 cup (250 mL) grated carrot
½ cup (125 mL) grated extra old cheddar cheese
½ cup (125 mL) almond flour
1 tsp (5 mL) baking soda
2 large eggs
1 tsp (5 mL) Dijon or seedy mustard
¼ cup (60 mL) Yogurt (page xx)
1 pinch of salt
freshly ground black pepper
sunflower oil for cooking
Seared Tuna:
olive oil for brushing on the tuna
1½ lb (750 g) sushi grade tuna
salt and freshly ground black pepper

METHOD:

Add the carrots, cheddar cheese, almond flour,

and baking soda to a medium-sized bowl and toss to mix thoroughly.

In another small bowl, combine the eggs, mustard, yogurt, salt, and freshly ground pepper and stir well. Add the dry ingredients to the wet and mix thoroughly.

Coat a frying pan with a bit of oil and turn to medium heat. It is not necessary to fry these fritters in a lot of oil; just a light coating of oil in the frying pan will do the job well.

Drop heaping teaspoons full of the mixture on the hot pan and fry, turning once, until browned and cooked through.

Place the cooked fritters on paper towels to absorb any excess oil. Transfer them

Everyday Grain-Free Gourmet: Breakfast, Lunch And Dinner (Paperback) is available at Amazon.ca for \$18.87.

to an ovenproof dish and keep them warm in the oven at 175°F (85°C).

Brush the tuna with a bit of olive oil and season with salt and freshly ground pepper. Heat a frying pan to smoking or heat a barbecue grill to high.

Sear the tuna in the pan or on the grill for two to three minutes per side, depending on the thickness of the fish. Remove the tuna from the heat and let rest for one minute before slicing with the grain.



Seared Tuna With Carrot Fritters is served with dollops of aioli in between the tuna slices. A recipe for aioli is included in the book.

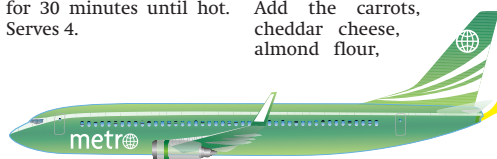
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Sunquest



Colony Bay Resort



Jackass star Steve-O is facing more legal troubles — a security guard is suing him over an alleged assault at the launch of Paris Hilton's clothing line. **IMDB.COM**

Entertainment



Back baby back

Oscar nominee Amy Ryan is heading back to TV because she misses the laughs on *The Office*. The *Gone Baby Gone* star will return to the sitcom, as Holly Flax, for multiple episodes next season. **IMDB.COM**

Survivor Sainte-Marie

Musical veteran to play at Rogers Folk Festival

DEAN LISK
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Buffy Sainte-Marie is blunt when asked what she is most proud of during her more than four decades in music.

"I think it's having survived the rocky points in my life, still with a love for people," she laughs. "I've really been through some shit."

The Oscar-winner disappeared from the mainstream airwaves during Lyndon Johnson's presidency, and was viewed as a polarizing force for her work as a social activist and educator.

"I have no complaints,

life has been so rich to me and been in some incredible places and meet incredible people," said Sainte-Marie, who is returning to Nova Scotia for the Stan Rogers Folk Festival in Canso this weekend.

"I love to come to the East Coast," said Sainte-Marie, who — born in Saskatchewan — was raised in Maine.

"When I am in Nova Scotia it just feels so beautiful. Those particular trees and that particular ocean smell, and the way people respond to that — I always look forward to coming."

Sainte-Marie said that when she started her career, it was as a student, working on her Oriental

Philosophy at the University of Massachusetts.

"When I went to Greenwich Village to try singing I was actually on my way to India to continue my studies — but I have still not gotten there. I got luck in showbiz."

Education, however, has remained an important part of her life, said Sainte-Marie.

She was recently in Ottawa to perform at Westfest — celebration of Canadian aboriginal women in music — and receive an honorary law degree from Carleton University.

It is one of six honorary degrees she has received over the years for her diverse work outside music; from digital art to educa-

tional programs.

"Music awards are great, but that is what you expect in showbiz. So, to have them come out of other areas is very reinforcing of what I have been doing," Sainte-Marie said. "I am doctor, doctor, doctor, doctor, doctor, doctor Buffy."

So, is that how we should refer to her now?

"I you want to," she laughs.

Along with Buffy Sainte-Marie, other performers taking part in 2008 Stan Rogers Folk Festival include Valdy, David Myles, Matt Anderson, Charlie A'Court and Ron Hynes. For more information, tickets and a full list of performers, visit www.stan-fest.com.



Buffy Sainte-Marie is among the musicians performing at the Stan Rogers Folk Festival this weekend.

Mardeen CD wins fans

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FULL-LENGTH ALBUM. It's been out for a while — downloadable on cyber space — but it's only been a few weeks that Mardeen fans can actually buy a CD copy of the group's full-length album.

"It's really nice to have it in our hands and not just a digital copy," said Travis Ellis, the band's vocalist and guitarist.

"We actually have something to sell to fans and

give to them instead of just a file sitting on their computer."

The Halifax-based three-some's album, called *Read Les Minds*, hit store shelves on June 17, but had already gained notoriety after being released online. It followed-up the band's 2005 EP *Friends Don't Cry*, which garnered great feedback for the band, made up of cousins.

The other members of the group are vocalist and guitarist Jon Pearo and vocalist and bassist Matt Ellis. They are all from Whycomagh, Cape Breton.

In brief

ROBOT WINS. Pixar's *Wall-E* cleaned-up at Halifax theatres during the weekend of June 27. The story of a waste collecting robot beat out Angelina Jolie's *Wanted* in second place. Rounding out the top five are *Get Smart*, *King Kong*, and *The Incredible Hulk*.

TATTOO YOU. A number of Royal Nova Scotia International Tattoo acts will be performing free shows at various Halifax locations today. Among the performances are the Air Command Band at Historic Properties, the Dutch Show and Marching Band at Spring Garden Road, Telenholdet and Euro Band at Grand Parade, and the Ozscoto Dancers at Spring Garden Place. For a full list of performances, visit www.nstat-too.ca.

FROM MARS Performance artist Tanya Mars will be the guest of honour at NSCAD University tonight. She and editor Paul Couillard will be at the school for the east coast launch of *Ironie to Iconic: The Performance Works of Tanya Mars*. Mars has been involved in the Canadian art scene since 1973, and was a founding member and director of Powerhouse Gallery in Montreal. It was the first women's art gallery in Canada. The event runs from 3 p.m. to 5 p.m. at the Anna Leonowens Gallery.

METRO HALIFAX



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Nitpicky hubby

Actress Jada Pinkett Smith calls her husband, actor Will Smith, Captain Correction, because, she says, he always thinks he is right and is forever pointing out people's mistakes to them. FEMALEFIRST.CO.UK

Getting Lost with literature

WELL READ: There's definitely something happening with the culture in general when a TV show — and not one with Oprah Winfrey hosting — does its best to encourage its viewers to read more.

Books have been a prominent prop and plot device on *Lost* over its four seasons, the most obvious being *Lost Twin*, the book by Gary Troup, a passenger on Oceanic flight 815 who didn't survive the crash but left his manuscript behind.

Lost Twin was produced by Hyperion Books, a part of the Disney corporate family that also includes ABC, and ghostwritten by thriller writer Laurence Shames.

It didn't end up having much to do with the show in the end, but that didn't stop fans from making it a bestseller.

No doubt inspired by this show of fan loyalty, ABC has launched the

Intellevison

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Lost Book Club, with e-commerce links that let you buy titles profiled on the show, and a tie-in with iTunes so you can pick up the audiobook version (if you've already evolved into an entirely post-literate creature.) According to Verne Gay of Newsday, titles will be added whether they're actually read by cast members onscreen or just spotted amidst the set dressing.

ABC's book club site will include a synopsis of the book and an explanation of how it ties into a specific episode — Jack Kerouac's *On The Road*, for instance, is featured because Michael

Emerson's Ben Linus uses the name of one of its characters (Dean Moriarty) as an alias in season four, Dickens' *A Tale of Two Cities* simply shares a title with an episode in season three. The selection of books is hard to characterize, and ranges from the obvious (Michael Crichton's *Jurassic Park*, Aldous Huxley's *Island*, William Golding's *Lord of the Flies*, Conrad's *Heart of Darkness*) to the interesting (Philip K. Dick's *Valis*, Stephen Hawking's *A Brief History of Time*, Ayn Rand's *The Fountainhead*, Lewis Carroll's *Through The Looking Glass* and Alice In



ABC has launched the *Lost Book Club*, with links that let you buy titles profiled on the show.

Wonderland and Henry James' *The Turn of The Screw*) to the outlandish (Stephen King's *Carrie*, Judy Bloom's *Are You There God? It's Me Margaret*, and the children's classic *Bonjour, Babar*.)

Frankly, this doesn't do

much to dispel the image of the show as Thursday night post-pizza-and-doo-bie viewing for graduate students on the 8-year-plan, but that's probably part of its appeal. It's

when the book club starts including *Zen And The Art Of Motorcycle Maintenance* or Carlos Castaneda books among its offerings that I'd start getting worried.

Rick McGinnis writes about music, movies, books and television, but not opera.

In brief

IN COURT Tatum O'Neal pleaded guilty to disorderly conduct yesterday in connection with her crack bust last month — and could have the arrest thrown out if she does as she's told, *tmz.com* reports. A Manhattan judge ordered the actress to spend two half-day sessions in a drug-treatment program and pay a \$95 US fee. She was arrested June 2 after allegedly trying to buy crack and coke from a vagrant.

CANCELLATION Rock group Van Halen has been ditched from a concert in Prince Edward Island after government officials realized they can't afford to put it on, *femalefirst.co.uk* reports. The Charlottetown show was to have taken place this September, but rising costs that would be subsidized by the provincial government have left officials balking.

MUSIC A new Michael Jackson song has appeared online, *femalefirst.co.uk* reports. Hold My Hand, featuring rapper Akon, has cropped up on various websites and is reportedly due to feature on his long-awaited comeback album, which Akon is believed to be producing. The track features the lyrics: "Things will get better if you just hold my hand." The song has had a mostly positive response from commentators, with one fan saying the song marks "the return of the king."

METRO NEWS SERVICES

critics'corner

Swingtown

Does the name Harry Reems mean anything to you? If you remember the 1970s, you'll recognize his name; he was the biggest male porn star of the era. He appears in this new episode, played by an actor (Rick D. Wasserman, "24"), in which the Deckers (Grant Show, Lana Parrilla) host a fundraiser for an actor in legal trouble. Yes, the real Reems did get in trouble over "Deep Throat." 10 PM on CBS



CSI: Crime Scene Investigation

You may need tissues for this one, as the victim of the week is a 3-year-old girl whose body is discovered in a packing box outside a comedy club. One clue leads the CSI team to a registered sex offender and his girlfriend, but the man denies any involvement in the child's death. But Catherine's (Marg Helgenberger) emotional investment in the case is pegging her skepticism meter in "A Thousand Days on Earth." 8 PM on CTV

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	1	CBC	Coronation St.	Who Do-Think	iPod Steve holds a contest.	Truth About	Dead Beat	CBC News: The National (N)	(-05) The Hour	
	255	358	6	CH	El News	The Insider	Smarter Than a 5th Grader?	Renée Zellweger: True Story	Fear Itself "Eater" (N) (CC)	News (N)		
	254	-	8	M	Law & Order: SVU	Mandarin News		News	Interactive	Punjabi News (In Punjabi N)	The Simpsons	
	250	321	9	CTV	eTalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.	So You Think You Can Dance	Law & Order: Criminal Intent	News (N)		
	252	336	10	OMNI	According-Jim	George Lopez	Coach (CC)	Growing Pains	To Be Announced	The Daily	Diya (CC)	New Day
	257	379	11	ETV	Entertainment	ET Canada	Last Comic Standing The top 12	comedy acts are determined.	Supernatural "Fresh Blood"	Swingtown (N) (CC)	News (N)	
	256	389	12	VI	Degrassi	Friends (CC)	Private Practice (CC)	Grey's Anatomy (CC)	Stargate SG-1 (CC) (DVS)	News (N)		
	253	393	13	CITY	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (CC)	Supernatural "Fresh Blood"	Hopkins (N) (CC)	Realty TV		
	253	393	14	CW	'70s Show	'70s Show	Smallville "Wrath" (CC)	Supernatural "Fresh Blood"	Seinfeld	Seinfeld	Frasier (CC)	
	289	381	15	CBS	Entertainment	The Insider	Million Dollar Password (CC)	CSI: Crime Scene Invstgtn.	Swingtown (N) (CC)	News (N)		
news	287	379	16	NBC	Evening Mag.	Inside Edition	Last Comic Standing The top 12	comedy acts are determined.	Fear Itself "Eater" (N) (CC)	News (N)		
	602	568	17	W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	House	
	288	380	18	ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (CC)	Grey's Anatomy (CC)	Wasted!	Hopkins (N) (CC)	News (N)	
	291	383	19	KVOS	M*A*S*H	Scrubs (CC)	Punch-Drunk Love *** (2002)	Adam Sandler.	Cheers (CC)	Scrubs (CC)	Seinfeld	
	290	382	20	FOX	Two/Half Men	Two/Half Men	Smarter Than a 5th Grader?	So You Think You Can Dance	News (N) (CC)	Family Guy		
	290	382	21	PBS	The War of the World (N)	Red Green	Time Goes By	Tavis Smiley	Charlie Rose (N) (CC)	This Old Hse.	Hometime	
	296	654	22	SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider
	298	663	23	TLA	Two/Half Men	Two/Half Men	Smallville "Wrath" (CC)	Supernatural "Fresh Blood"	KTLA Prime News (CC)	Friends (CC)		
	295	651	24	WGN	Chicago's Summer Blast	WGN News	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	25	WPX	CW11 News at Ten	Two/Half Men	Two/Half Men	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
sports	199	311	26	STR	News (N)	News	Late Show-Letterman	(37) Last Comic Standing (N) (CC)				
	502	390	27	NW	The Nature of Things (CC)	CBC News: The National (N)		CBC News: The National	The Nature of Things (CC)	Local		
	500	500	28	CNN	Anderson Cooper 360 (CC)			Larry King Live	Anderson Cooper 360 (CC)	Cooper 360		
	407	419	29	RSP	MLB Baseball Detroit Tigers at Seattle Mariners. From Safeco Field in Seattle. (Live)				Sportsnet Connected (Live)	Sportsnet		
	400	400	30	TSN	CFL Football Calgary Stampeders at Edmonton Eskimos. (Subject to Blackout) (Live) (CC)				SportsCentre (Live) (CC)	SportsCentre		
	411	457	31	OLN	Don't Forget Your Passport	Pilot Guides (CC)		Don't Forget Your Passport	Everest: Man	Jet Set (CC)	Mark Williams	
	410	403	32	SCR	Score Update	Schwab	Q'back Chall	Score Update	Pinks -- All Out		Score Update	
	417	406	33	SC	Rolex Sports Car Series	Pinks	Pass Time	Monster Jam	Go! TV News		Low Life	
	416	409	34	GLF	Fútbol Español	Go! TV News		Extra Time			Go! TV News	
	552	543	35	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach (CC)	Mystery Hnt.
family	555	545	36	TEL	George	Merrie Melody	Loonatics	6teen (CC)	Total Drama	Futurama	Mars Attacks! *** (1996) Jack Nicholson.	
	557	541	37	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House
	553	546	38	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Crazy Quilt	Treetown
	268	354	39	KNO	Profiles of Nature (CC)	Big Ideas	Design e2	Around the World	No. 57: History-Howe		King-Empire	
	575	583	40	CMT	Home Imp.	Roseanne	Dedicated (N)	Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	41	MM	Instant Star	MuchTopTens	Top 10	Gone Wild	Punk'd (CC)	Gone Wild	Muchmusic Countdown (CC)	
	600	564	42	H&G	Junk Brothers	The Big Flip	Holmes on Homes (CC)	Restaurant Makeover (CC)	The Fix (CC)	Disaster DIY	Junk Brothers	
	615	520	43	A&E	The First 48 (CC)		Crime 360 (CC)	The First 48 "Deadly Betrayal"	The First 48 (CC)		The First 48	
	628	584	44	SPKE	(6:00) TNA IMPACT! (N) (CC)	Factory	MANswers	MANswers	Factory	UFC 86: Jackson vs. Griffin	Factory	
	521	560	45	TLC	Miami Ink Denied entry. (N)	American Chopper (CC)		Miami Ink Denied entry. (CC)	Monster G	Monster G	LA Ink (CC)	
cable variety	610	523	46	SHO	ReGenesis "The Oldest Virgin"	Intelligence (CC) (DVS)		G-Spot (CC)	Exes & Ohs	Secret Diary	Secret Diary	House "DNR"
	620	523	47	BVO	(6:00) Possession *** (2002)	Law & Order "Trophy" (CC)		Without a Trace (CC)	Kikujiro ** (1999) Yusuke Sekiguchi. (CC)	The Biggest Loser (CC)	Trading Sp	
	601	562	48	SLC	The Biggest Loser (CC)	Rich Bride, Poor Bride (CC)		Last 10	Bulging Brides			
	620	505	49	DIS	MythBusters "Deadly Straw"	Daily Planet (CC)		Sport Science	In the Shadow of the Moon			
	522	506	50	HIS	NCIS "Blackwater" (CC)	Nuclear Sharks (CC)		The Hunt for Red October *** (1990) Sean Connery, Alec Baldwin. (CC)	Star Trek: Enterprise (CC)	Star Trek Gen.		
	527	528	51	SPC	(6:00) The Lost Room (CC)	Stargate SG-1 "Prophecy"		Star Trek: Voyager (CC)	Sex and-City	Sex and-City	Bill Engvall	(-40) My Boys
	294	605	52	TBS	Lara Croft: Tomb Raider *** (2001) (PA) Angelina Jolie. (CC)	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	619	525	53	TROP	Inside Hollywood (CC)	Ace of Cakes	Ace of Cakes	Iron Chef America (CC)	Unwrapped	Unwrapped	Secret Life of	
	603	561	54	FN	Secret Life of	Secret Life of	Laughs	Rick Mercer	The Simpsons	South Park	Just for Laughs (CC)	Daily Show
	626	547	55	COM	Air Force	22 Minutes						
late	320	621	56	CEN	(6:25) The Marsh (2006) (CC)	Time Bomb (2007) Jake Bussey. (CC)		The Real World (CC)	The Brothers Solomon * (2007) Will Arnett. (CC)		Time Bomb	
	581	566	57	MTV	True Life "1 Slut" (N) (CC)	MTV Live (CC)		Affectionately Yours *** (1941, Comedy) Merle Oberon. (CC)	True Life "1 Slut" (N) (CC)	MTV Live		
	261	394	58	V	(6:00) Being There *** (1979) (CC)	Shrines		Oheyan Ghar	Sadabahar	Mor Deo Koi	Desi Rhythms	Patrol World
	-	-	59	MUL	The Land	Daughters	Vancouver	Main Office				



Comedians Will Ferrell, left, and Sacha Baron Cohen will star in a forthcoming film about fictional detective Sherlock Holmes. Cohen will play the pipe-smoking sleuth, with Ferrell as his partner Watson in the as-yet-untitled film. **IMDB.COM**

Celebrity Buzz

Hathaway was after Follieri's money: Trump



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GETTY IMAGES

ACCUSATION Real-estate mogul Donald Trump has lashed out at Anne Hathaway, claiming the actress was only with alleged conman Raffaello Follieri for his money, imdb.com reports.

The Devil Wears Prada star is said to have broken up with the businessman earlier this month, shortly before he was arrested on suspicion of fraud.

And Trump insists Hathaway should have remained by Follieri's side throughout his legal ordeal.

In a statement issued by his publicist to ABCNews.com, Trump says: "After (his legal troubles) she was gone...and fast! Sadly, that seems to be the way life works."

In an interview with Access Hollywood, he added: "She hasn't remained very loyal to him, has she? So when he had plenty of money, she liked him, but then after that, not as good, right?"

METRO NEWS SERVICES

celebrity brief



Too skinny 'unsexy,' Theron says

PEOPLE Charlize Theron feels "unsexy" when she is too skinny, femalefirst.co.uk reports.

The Oscar-winning actress had to lose a lot of weight for a movie role and felt uncomfortable as she prefers being curvier.

Theron — who also gained more than 28 pounds to play murderer Aileen Wuornos in the movie Monster — said: "I played a woman with cancer in Sweet November. I went down to a Size 6 and I felt completely uncomfortable. I remember being cold and wrapping my arms around my body and feeling ribs and bone. I felt totally unsexy."

Theron — who has been dating actor Stuart Townsend for around six years — also took a swipe at Hollywood stars who put partying ahead of their careers.

She added to Britain's Elle magazine: "I don't buy in to all that. Actually, it upsets me the way a lot of so-called celebrities just completely exploit themselves. I don't get it."

"There's a decorum that I believe just doesn't exist in Hollywood any more. My whole life is about trying to move away from bad things and be happy."

METRO NEWS SERVICES



McGowan, Rodriguez split

BREAKUP Actress Rose McGowan has reportedly split with fiancé Robert Rodriguez — because of financial difficulties on forthcoming film Barbarella, imdb.com reports.

The Grindhouse star was set to take the lead in a remake of the 1968 cult classic, with Rodriguez directing the movie.

But the couple have now allegedly split following disagreements over the film's money problems.

McGowan apparently wasn't a big enough box office draw for the \$70-million US remake, after her 2007 film Grindhouse only grossed \$25.4 million.

METRO NEWS SERVICES

celebrity brief

Kanye to work on new shoe line

FASHION Kanye West is collaborating on a shoe line with designer label Louis Vuitton, femalefirst.co.uk reports.

The rapper was in the front row for the fashion giant's unveiling of its Spring 2009 collection in Paris last week.

West, who was joined by music producer Pharrell Williams, confirmed he will be working with Louis Vuitton to design a range of men's footwear.

Speaking at the show, dressed entirely in his own fashion line, West said: "I'm here for Louis. I grew up with the Louis

look, you know. I just love the style."

West — famed for his bright plastic slatted sunglasses — has already revealed plans to release his own brand of women's wear, separate from the Vuitton shoes deal, which will debut later this year.

METRO NEWS SERVICES



Lavish wedding for Hayek

MARRIAGE Salma Hayek is reportedly planning to spend \$3.5 million US on her wedding, femalefirst.co.uk reports.

The actress, who has a nine-month-old daughter, Valentina Paloma, with her fiancé, businessman Francois-Henri Pinault, is set to wed Francois in a lavish ceremony in France next spring.

A source told the National Enquirer magazine: "It took Francois over a year to get Salma to agree to marry him, and he doesn't want to spare any expense. Francois basically gave her the key to the vault and said, 'Go wild.'"

METRO NEWS SERVICES



celebrity brief

McGraw speaks out about attack

MUSIC Tim McGraw has spoken out about his attack on a rowdy fan at a show in Washington last week, imdb.com reports.

The country star has downplayed the incident, during which he helped security staff eject an unruly reveller at a concert in Auburn.

He says, "I was just trying to keep peace and the security guys just couldn't get there in time."

McGraw took action after he spotted the man assault a woman in the audience.

The incident made headlines last week when footage of it surfaced online.

McGraw halted his performance of Indian Outlaw to yell for help,

screaming, "Get rid of this guy! Security!"

McGraw's spokeswoman has since revealed the "overly aggressive fan" attacked a female fan, and Tim witnessed the incident.

METRO NEWS SERVICES



Radcliffe calls new Potter racy

FILM Actor Daniel Radcliffe has compared the latest Harry Potter installment to cult movie Trainspotting — insisting the new film contains "a fair amount of sexual energy and drug parallels," imdb.com reports.

Radcliffe recently finished filming the sixth Potter movie — Harry Potter and the Half-Blood Prince, which is due for release in November.

METRO NEWS SERVICES



O'Donnell laughs off break-up talk

RUMOUR Comedian-actress Rosie O'Donnell has laughed off reports she is splitting up with girlfriend Kelli Carpenter — and has slammed the journalist who started the rumour, imdb.com reports.

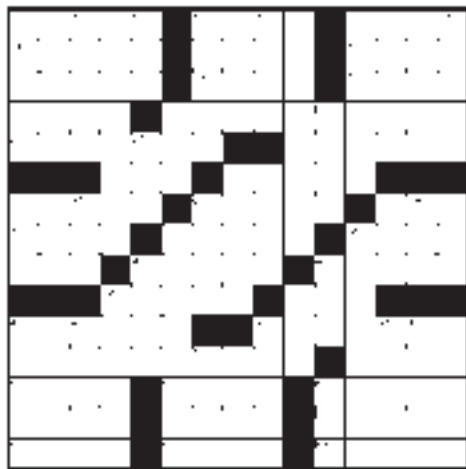
It was reported on Monday that the actress and comedienne had split with long-time partner Carpenter.

METRO NEWS SERVICES



Rapper Young Jeezy will play a sought-after rapper in Janky Promoters, a film written by rapper-turned-filmmaker Ice Cube. Cube and Mike Epps will also star, as the shady, inept concert promoters of the title. **EW.COM**

Take Five



Crossword down

- 1 Spooky noise
- 2 West Indies republic
- 3 Found the sum
- 4 Diabolical
- 5 Pine cousin
- 6 Yucatan people
- 7 Ms. Dinesen
- 8 Trevi Fountain coins
- 9 Tip of England (2 wds.)
- 10 Sky sightings
- 11 Kapitan's command (hyph.)
- 12 Kentucky pioneer
- 13 Intuit
- 21 Pollen spreader
- 22 Ernie's friend
- 24 Annoy
- 27 Verne of sci-fi
- 28 Buffalo's lake
- 29 Pint-size
- 30 Mr. Holbrook
- 31 Gross!
- 32 Hay bundle
- 33 Retiree's kitty
- 34 — choy
- 35 2001 to Livy
- 37 Like most modern furniture
- 38 Most insincere
- 40 Think over
- 41 Family
- 42 Fake ducks
- 43 Tour vehicle
- 44 Punch or kiss
- 45 Ball-gown fabric
- 46 Composition
- 47 Fumes
- 48 Russet potato
- 49 Barkin of films
- 50 Candy counter name
- 52 Quote from
- 53 Astronaut — Shepard
- 57 Undergrad degs.

Crossword across

- 1 Straw
- 6 Factory
- 10 Young wolves
- 14 Half diameters
- 15 Orient
- 16 Plaintive reed
- 17 Lightweight quilt
- 18 Adventure tale
- 19 Tide causer
- 20 Two fives for —
- 21 Barbecue extra (2 wds.)
- 23 Moppets
- 25 Lobby furnishing
- 26 Fury
- 27 Yells insults
- 29 Small broom
- 32 Beyond well-done
- 33 Noted blue-chip
- 36 Per
- 37 In force
- 38 Teen event
- 39 Reindeer cousin
- 40 Fracas
- 41 Tough fabric
- 42 Desert features
- 43 Personal history
- 44 TV sleuth Remington —
- 47 More peculiar
- 51 Powerful autos (2 wds.)
- 54 Busy loafing
- 55 Part of a.k.a.
- 56 Tick off
- 57 — "Street Blues"
- 58 Modeling medium
- 59 Coup d'—
- 60 Hibachi residue
- 61 Accordion parts
- 62 Lairs
- 63 Cherry center

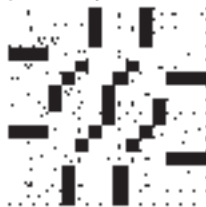


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previous day's answer



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Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Your response matters to a significant person. Pay attention to your true feelings. Strange information may make you nervous.

TAURUS

APRIL 21-MAY 21

Bewilderment is resolved by a confession. Try to be gentler with housemates. Frustration with rules can't be eased by rebelling.

GEMINI

MAY 22-JUNE 21

A happy person wants to devote time to you. Ask an ally for advice, and take it. Remember to hug someone when a job is done.

CANCER

JUNE 22-JULY 22

Think hard before paranoia sets in. A rest period with an ally sweetens the afternoon. A story will stop you in your tracks.

LEO

JULY 23-AUG 23

Don't savor the news of a victory until tomorrow. You remember when love was sweet and true. A merciful approach is wanted after a farce.

VIRGO

AUG 24-SEPT 22

Honesty will glimmer through a maze of lies. Unpredictable responses make you uncertain. A potential mate is lurking nearby.

LIBRA

SEPT 23-OCT 23

You can do something over again. There's a clash with a trouble-maker. Try working out a compromise.

SCORPIO

OCT 24-NOV 22

A man is moody, so tread softly. Someone misses the point and goes off on a tangent. A rebel is working to shift responsibility to you.

SAGITTARIUS

NOV 23-DEC 21

The savage underbelly of life is exposed to the light. A lover is concerned about ethical behaviour. Put your best foot forward.

CAPRICORN

DEC 22-JAN 20

Causing needless trouble can be avoided. Someone's in the hot seat for a temper tantrum. Talk yourself into taking a holiday.

AQUARIUS

JAN 21-FEB 18

A strangely romantic interlude will arise. The truth is known, so trust your intuition. Too much optimism can be unsettling.

PISCES

FEB 19-MAR 20

A new love cycle begins after noon. Your sensitivity is at its maximum level. Don't be intimidated, but don't speak till spoken to.

Sudoku

INSTRUCTIONS:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

1	7	4	3	5	6	8	2	9
9	6	5	2	8	4	7	1	3
3	8	2	7	1	9	5	4	6
8	1	9	4	7	2	3	6	5
2	3	7	1	6	5	4	9	8
5	4	6	9	3	8	1	7	2
7	5	3	6	2	1	9	8	4
4	2	1	8	9	3	6	5	7
6	9	8	5	4	7	2	3	1

SOLVE TIME IN MINUTES:

Under 13 Genius
13-17 Scholar
17-21 Smart

21-25 Not bad
25+ Keep practicing

This day in history

JULY 3, 1608: Québec City founded by Samuel de Champlain.

JULY 3, 1819: The first savings bank in the United States (The Bank of Savings in New York City) opens.

JULY 3, 1884: Dow Jones published its 1st stock average.

JULY 3, 1886: Karl Benz officially unveils the Benz Patent Motorwagen — the first purpose-built automobile.

Halifax weather

Afternoon



Sunny.
25°

Tonight



Variable.
14°

Friday



Mainly sunny.
23° / 14°

Saturday



Showers.
23° / 12°



Sunday



Partly cloudy.
23° / 16°

Temperature
Normals
High: 21.3°
Low: 12.3°

Records
High: 29.4°/1981
Low: 8°/1993

Sunrise: 5:33 a.m.
Sunset: 9:02 p.m.
Moonrise: 5:45 a.m.
Moonset: 9:55 p.m.

TWN incorporates MSC data



Get the most out of the season.

Go to the Golf Report at theweathernetwork.com



Streep uses her body
Actress Meryl Streep, left, has denied rumours she used a body double in the new movie *Mamma Mia!*, insisting she performed the splits for real. IMDB.COM

Right: Karen Allen and Darcy Harvey toast the Bard at Niche Supper Club.



Kathryn Yuill and Lyndsay Bozec spend Canada Day in the Lower Deck with Signal Hill.

Right: Sean McSweeney, centre, with his mother Bernadette & father Martin at the night of thanks to firefighters at the Lake Echo Community Centre.



To be, or not to be

HalifaxScene

Jamie Paterson

Summer is officially here! The calendar may have said summer days ago, but the real start doesn't come until Shakespeare by the Sea begins its season. The celebration came this past week with an evening of jazz at Niche supper club.

If jazz be the food of love, then play on! Music and food were the theme of the night and I was more than happy to be a part of it. This season of Shakespeare by the Sea is set to be spectacular with starting show Cinderelly.

Canada Day marked the first show of this madcap, musical romp through the very well-known story, but how it might have happened under different circumstances. This ain't your momma's fairy tale! Launch organizer Jeremy Webb was very enthused about the season in Point Pleasant Park. Despite his vast experience in Halifax theatre, hard to believe this is his first season with SBTS. A Midsummer Night's Dream follows later in July, and the season wraps up with Othello starting Aug. 1. For more information on show times and how to get tickets, go to

www.shakespearebythesea.ca.

Last Friday night was a night to give thanks. The community of Lake Echo came out in droves to the Lake Echo Community Center to thank the firefighters and emergency personnel who saved countless homes during the forest fire earlier this month. The evening was organized by Sean McSweeney, a young resident of Candy Mountain Road who wanted to show his appreciation to all the emergency response who saved his home. Residents

brought food for the potluck dinner and local musician Mike Trask provided the music. His acoustic show was a personal thank you as he was one of the thousand of residents evacuated during the crisis. During the evening, a huge Thank You banner was displayed for residents to sign and write their messages of thanks. Member of Parliament Peter Stoffer was there, along with area MLA and Tourism Minister Bill Dooks. Residents took the opportunity

to present a special award to radio station News 95.7 for their weekend coverage of the fire. Talk show host Andrew Krystal was on hand to accept the award.

The gratitude continued with Big Leagues offering supper and a drink for all firefighters this past Saturday, and tonight a reception will be held at Cole Harbour Place hosted by Q-104's Bobby Mac. Premier Rodney MacDonald and members of the legislature will be there for the official presentation of the signed banner to fire services.

With the skies lifting and the sun finally shining, Canada Day was hopping all over town. Sadly, the skies didn't clear in time to save the fireworks for Sackville's Patriot Days. They were postponed until tonight at Kinsman Park. Hopping is the least we can say about Canada Day at Casino Nova Scotia. We were here for a good time, not a long time with Trooper ... sounding every bit as good as they did when they played my graduation dance way (...way) back when.

With a true summer day shining down on us, the waterfront was the best place to see all of Halifax decked out in red and white. If I didn't see you this time, there's always next week!



Kristin Pike, left, and Ashlee Muise from Murphy's on the Water with "Ukelele Mike" Conway on the Halifax Waterfront.



Looking forward to Othello rehearsals are, from left, Raquel Duffy as Emilia, Jeremy Webb as Iago, and Caitlin Stewart as Desdemona at the Shakespeare By The Sea party.



Shakespeare By The Sea's Ryan Whalen, Amos Crawley and Adam Bayne at Niche Supper Club.



John Bibbey — from South Africa — celebrates Canada Day with his Dartmouth girlfriend Susanne Edmunds at Lower Deck.

Jamie Patterson would love to make a deal to cover your event for The Scene. Just e-mail me at beatlejame@eastlink.ca.